WOMEN'S THOUGHT CURRENTS

Multitudes Cherish Habitual Broodings and "That Way Madness Lies" First Remedial Step is to Look After the Physical—Help from Philosophy—Regular Study, Method—"ical Work, Art, Religion, Etc.

By Caivin Dill Wilson, D. D.

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whether as, in the case of Ophelia from disappointed love or that of Clymnesim from desire for revenge.

The obvious but necessary first step for the woman who finds painful thoughts continuously uppermost, breaking into the affairs of the day, presenting themselves in the wakefulf night, hanging like a cloud over the soul, is to look after the physical. A physician may be needed. In any case, scrutinize the habits: there may be indigestion, ugly parent of darksome visions, for brooding works havoc with the organs of nutrition; there may he wrong diet, and change in kind and degree is needed: there may be lack of healthful exercise in the open air. Find out first of all if the laws of life are being observed, and let diet, bath, exercise, everything that belongs to putting and keeping them anchinery in order, be looked after with all care. It may be that most of the dark thoughts will be scattered "upon the viewless winds," that the brain and nerves simply need toning. If the origin be physical, then keep up the better habits when sopted, and the train of thought will change with the new conditions.

But all troublous thoughts are, unfortunately, not mere chimeras; the mental and spiritual constitution are facts, whatever your ideas of their origin; cause and effect work as really in the unseen nature: "In the infinite spirit is room for the pang of an infinite pain;" and we cannot change these things by contemplating the animals, as Walt Whitman navises, "who do not lie awake over their sins": we have to treat ourselves not as animals, but as compounds of spirit and dust. The cure for mind troubles must be reasonable. Undoubtedly a rational help is that which we are used to call philosophical; "philosophy consoles a man in all his trials;" by this is meant reasoning about things; one may be helped by reasoning on the known facts of other people's trials, their universality, their proportion; the less may be seen in its true lights when you contemplate a greater ovil. We heard of a woman, deprived of one of her ongs than her own; one may think and down the street and recall that her neighbors have been maligned, hurt, usually rendjusts itself and saner views take the place of wild rumors. One may, in straits of this kind, "size-un" the woman who has burt her; her pretentions may dwindle; it may be found that her grandfather was a tramp, or something else equally desirable; and thus sighs may turn to laughter, and one may wonder why she was so sily as to give a second thought to one unwarthy of it.

of it.

In affairs of the heart, one may reason about the tendency of such matters to go wrong, that frictions and misunderstandings belong to our not-overly-reasonable natures, and remember that such, and all other matters, often take a turn for the better. In real tragedies, we must assure ourselves that among several ways, to treat them, most of these should be for us impossible, since they are wrong and breed more and more evil. The terrible has happened; "that which I feared has come upon me," what can be done? There is death, one way, the worst, the most cowardly, which should not be thought of except to make you shrink back and by contrast see other ways in a better light; having contemplated the worst you may be helped by the recoil. There is crime to be added to another's wrong-doing, tragedy piled upon tragedy; but you are seeking cure and not to make matters worse; reflect that more wrong is but placing other people in the same, or worse plight than yourself, and that from which you are seeking to escape. There is weak submission to brooding thoughts, which eventually means injury to your whole character and nature, body and spirit, and after a time, perhaps madness; read Maupassant's little tals, "The String," look once toward the mad-house, and re-

Keeping busy, according to the strength, is necessary; plan each day's work or amusement ahead; have method and keep your engagements with yourself as carefully as if you were compelled by outside authority. Charitable work is a measureless help to many women; it awakens the sympatiles and so reacts on the thoughts. Many an unhappy woman, with leisure and means, could find happiness again in a larger life of service for other people; all mere distractions, good enough in themselves, dramas, novels, games, are not cures, but leave you liable to the recoil of "the weight you would filing aside forever:" but when you have gotten really into the strong currents of lifting up and neiping the unfortunate you have found a way that "shines brighter and brighter unto the perfect day." If you want a wild debauch of happiness, an orsy that will reweal new joys, jump into the stream where the miserable are drowning and help them to shore and to new life; in this is not only distraction, but cure. All the saints of all ages and all religions will tell you this, that the greatest source of happiness in

The women whose thought currents have been running upon the problems of life, as presented in our age, are not always wise, and many have got themselves into deep waters, and, if they prefer happiness to broodings, had better make for shore. This advice may seem narrow and irrational, but we are holding to our point about finding the realms of happy thinking, and, so long as you shelter your body from storms, you may doubt your strength for exposure to, all the tempests of thought. Few men and possibly fewer women are intellectually equipped to be "archangels of the human mind and peer over the precipies with fashing eyes." The axcomprehensible dizzles, and origins and destinies are a large contract for the greatest. "The simple faith that is better than Norman blood" may seem puerile, ignorant, stupid or what else, but it is a workable quantity and it keeps sane. To the women whose broodings, are over the vast questions of life it were well, after the manner of physicians who care for invalled, to say, let us, for the time, at least, lead you to those truths or beliefs of hopes, as you may call them, on which the heart of man has rested and rests. The worst resort is to drugs or stipulants that create a moment's neventhelm and but seat the unhappy thought more deeply in the brain and weaken the will and body for resistence, "The faith that the perfume is sweetest from a crushed flower, that we are bettea for suffering, that from bruised hearts from a crushed flower, that we are bettea for suffering, that from bruised hearts from suffering, that from bruised hearts that desires not to be embittered but to rise to nobler life.

To those women whose minds are not to be influenced by less than a large to the influenced by less than a large to the

To those women whose minds are not to be influenced by less than a large view, it is well to suggest a varied course o, reading in history, with its pageant and its dramas and its toils and its ragedes, for this may be among the very best means of giving new trends

THE FOURTH DISTRICT!

Southall Has no Fear of Seat for Another Term.

(Special to The Times-Dispatch.)
MEHERRIN, VA., Aug. 13.—As the time (Special to The Times-Dispatch)
MEHERRIN, VA., Aug. 13.—As the time
draws nearer for the primary to nominate a candidate for Congress from this,
the Fourth, District, the fight grows
warmer and warmer between Messrs.
Southall and Yarrell. It is claimed by
the friends of Mr. Southall, however, that
he has secured a majority of those which
would have supported the ex-Governor
had he remained in the fight to the end.
From what can be gathered this far
ahead there seems no doubt but that Mr.
Southall will be returned to his sent in
Congress, but the supporters hat Mr.
Yarrell have gradlually secured since
he entered the race in the teastern part
of this district is somewhat surprising
to the people in this section. Letters have
flooded the mails in the past month from
this gentleman, in which he is strongly
appealing to the farmers and other business men, promising them if elected to do
his best to have Congress do much for
the improvement of affairs in this district.
Mr. Southall was here this week mingling among his constituents, and in an
interview by your correspondent with him
he said he felt perfectly satisfied that
he would win out by a large majority over
his opponent, and while the friends of Mr.
Yarrell were claiming Petersburg he felt
sure that he would carry that city by a
good majority, as well as Dinwiddle
county.
Mr. Southall is continually going over

SALEM SOCIAL.

(Special to The Times-Dispatch.)

SALEM, VA., August 13.—A very delightful card party was given Thursday morning by Misses Nora and Mary Sharks in honor of their sister, Mrs. Allen Shanks, of Smithville, Texas. Euchre was the game played, and the head prize was won by Miss Jane Johnston, and the booby by Miss Mattle Brown, of Buffalo, Those present were Misses Mattle Brown, Jane Johnston, Grace Wiley, Lucy Biggs, Bessle Galloway, Annie Langhorne, Julia Hubard, Bertha Altizer, Mrs. H. C. Beckman, of New Orleans, Mrs. Erskine White, of Philadelphia: Mrs. Paul Nigent, of Syracuse, N. Y. Mrs. Mallory Kennedy, of Pensacola, Fla., and Mrs. Allen Shanks, of Smithville, Texas.

Misses Julia Stockton, Mildred Stockton and Mary McLaughlan, of Jacksonville, Fla., arrived in Salem Tuesday and will spend the summer at Montercy, the home of Mrs. C. C. Tompkins.

Mrs. G. W. Walker and her son, Mr. Will Walker, of Blacksburg, spent several days this week with Mrs. Roma Stearpes, on High Street.

Mr. G. W. Kolner, commissioner of ag.

A GAY MONTH AT OLD POINT

Bathing, Tennis and Sailing Daguile the Days

Away.

(Special to The Times-Dispatch.) OLD POINT COMFORT, VA., Aug. 13 .-For many years August has been looked upon as the gayest month of the summer season at Old Point and the present one is no exception. Aside from the bathing, tennis and sailing, which fill the dayligh hours, there were quite a number of entertainments given last week.

Mrs. Millar, of Washington, the wife of Captain Millar, of the army, who was the house guest of Mrs. Ramsay D. Potts, the wife of the commandant of Fort Mon-

THE STORE THAT SAVES YOU MONEY Pay Later.

RUSHING AUGUST CLEARANCE SALE.

With September only three weeks away we must lose no time in getting our stock in shape for the coming season. Heavy purchases of fall goods are almost due to arrive, and we must provide for their accommodation. Tomorrow we commence a rushing clearance sale, in which our entire stock will participate—a quick and sweeping sale that will be characterized by sensational price cutting. Take your bearings from these bargains, and

Remember That You Can Make the Payments to Suit Yourselves.

Easy to Buy.

Your Credit Is Good:

Easy to Pay.



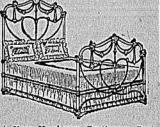
cobler, seat; worth \$2.50, \$1.49

GO-CARTS. Extraordinary reductions in highgrade Go-Carts. Very handsome Go-Cart, \$26.50 Very elaborate Gp-Cart, \$21.75 Very beautiful Go-Cart \$18.50 Very pretty Go-Cart, that \$9.50° was \$16, now.....

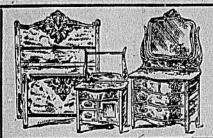




clearance \$18.75
price,
Very Neat Solid
Oak China Closet,
quartered finish,
extra thick bent glass ends, highly polished an worth \$18.50; Monday \$14.50



Continued Post Iron Bed, in white only, nicely scrolled and well \$1.49 worth \$3) now.....



Very Elaborate Solid Oak Suite, French plate glass, with swell drawer case; \$19.50

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lor Suites, in three and five piece style of upholstery. If you are contemplating the purchase of a Parlor

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|-----|---------|--------|---------|---------|
| 60 | 5-piece | Parlor | Suite | #35.00 |
| 40 | 5-piece | Parlor | Sulte., | \$25.00 |
| 25 | 5-plece | Parlor | Buite | \$15,50 |
| 35 | 3-place | Parlor | Suite | \$20.00 |
| 25 | 3-piece | Parlor | Suite | 814.50 |

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This Very Massive Solid Oak Sideboard, hand-somely carved, very highly polished, with extra large French plate glass and new nattern and new pattern swelled front; well worth \$37, August clearance \$23.25

Large Solld Oak
Sideboard, swelled
drawer, nicely finished and French
plate glass; was
\$18,
now\$9.75

PETTIT AND COMPANY, Corner Foushee and Broad Streets.

"RED BEARDS" OF MANCHURIA.

Japanese Spies by Hundreds Mingle with the Bandits with Impunity.

(By T. Cowen, War Courespondent of the London Chronicle,)

It is no secret this these are Japanese in disguise as Chingsa soing with impurity among the real Chinese, all over the Russian lines, as cooles or navvies, bearrack builders, trench diggers, peddiers, bearrack builders, trench diggers, all over the Russian lines, as cooles or navvies, bearrack or fort, to lay a raliway siding, to ferry a regiment across a river, to carry a train load of provisions from the station into the innermost part of a fortress, to repair a warship, they must employ Chinese cooles; and what Europocket knives, and cigarettes and cheap pocket knives, and everything else imaginable. The Russians know it, but cannot prevent it.

pocket knives, and everyting the process of a characteristic annot prevent it.

Of course, as long as he is in Manchuria the Japanese keeps his secret as closely as the grave, for his life probably depends on it. But having got clear newly, he likes to be rid of pigtail and dirty garb and become once more a clean decent Japanese. Usually the transformation is effected in private, so that none but his intimates knows; for at a lodging house used by both nationalities nobody keeps count or notices if a Chinaman goes in and a Japanese comes out. So it is curious work getting on the track of these men from Manchuria, and finding out anything about them.

fear of vengeance; secondly, because the Chunchuses follow the style of old Robin Hood in posing as friends of the poor (as a matter of policy); and finally, because the Cossacks themselves are warse brigands than the Hunghutze. Solders chiefly prey on the poor and helpless, leaving the influential people carefully alone.

leaving the influential people carefully alone.

Of the Japanese who have been in Manchuria in Chinese guise, some find their way back via Shanhalkwan and Tlentsin, some via Corea, and some by steamer from Newchwang. There have been a dozon steamers leaving Newchwang since the ice broke up, and they took away over 15,000 Chinese, artisans, tradesmen, farmers, and so on, all anxious to get away from the war, with its dangers and troubles and its stoppage of business. Out of the 15,000 perhaps there might be five disguised Japanese. I do not know, and I merely guess. I really, know of only one.

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He belonged to Osaka, and had been carpenter, coal dealer, bankrupt, rallway clerk, school teacher, steward on a steamer, had been in jail, of course not for any fault of his own, and then he became a tourists guide for Europeans and Americans doing the sights of Japan. He was in the China-Japan war of 1884, but would not say in what capacity. From 1805 his movements must remain his own secret up to the boxer time, when he was again in "a certain part of China." I would not say in what capacity. From 1805 his movements must remain his own secret up to the boxer time, when he was again in "a certain part of China." I since 1900 this man had been in various parts of Manchuria. Sometimes he went as a Japanese, but at other times "it was convenient for purposes of trade with the natives to pass as one of tham." Once he kept a medium low class beerhouse for Russian solders "at a certain town." Then he was a Manchu expectant sub-prefect. Meantime he belonged to the great army of unemployed and impecunious aristocracy of China. Again, he was a Japanese barber, then a Chinese horse dealer in a small way traveling in remote country districts looking for bargains. He added, laughing, 'I had no horses, no customers, never bought or sold an animal.' I asked (well knewing. "Them what did you do?" 'I an anwered. "Yasumimashite, honto! "Taking a rest, truily!" A d we both laughed at the look of the could not be divulged, of course, but there could not be divulged, of course, but there the house guest of Mrs. Ramsay D. Potts, the wife of the commandant of Fort Monroe, was variously entertained. She was the special guest at a card party given by Mrs. Charles L. Kilbourn on Monday evening. On Tuesday she was given a lunch by Mrs. Potts and on Tuesday evening. Captain and Mrs. Bartlett gave a dinner for her.

Mrs. Francis W. Brown gave a dinner at the Chamberlain on Sunday evening at which her guests were Mrs. Lawrence Brown, of Fort Washington, Md. Miss Luy Brown, of New York; Lieutenant and Mrs. Curtis Rorebeck, Lieutenant Laurh L. Lawson, Frederick L. Hennessey and M. D. Ross, of Fort Monroe, On Saturday evenings Captain rand Mrs. Captain Frank C. Jewell's guests at a dinner at the Chamberlain were Miss Charlotte Smalls, of Charleston, S. C.; Miss Alice Hagood, of Columbia, S. C.; Captain and Mrs. John R. Gelloway, Miss Nellie Mrs. John R. Gelloway, Miss Nellie Mrs. John R. Gelloway, Miss Nellie Mrs. Walter B. Fairfield and children, Washington; Mr. and Mrs. J. F. Hudson, Louisville, Ky; J. T. Talbot and family, Burksville, Ky; J. G. Seely, Miss May Seely, Miss Helen Gilbert, Dayton, O.; Mrs. E. E. Prouddt, Membhis, Tean; Mr. and Mrs. C. P. Evans, Charlotte, N. Mr. and Mrs. C. P. Evans, Charlotte, N. Mr. and Mrs. G. P. Evans, Charlotte, N. Mr. and Mrs. G. P. Evans, Charlotte, N. Mr. and Mrs. J. Q. Seely, Miss May Seely, Miss Helen Gilbert, Dayton, O.; Mrs. E. E. Prouddt, Membhis, Tean; Mr. and Mrs. C. P. Evans, Charlotte, N. C.

dt was impossible to extract any admission that this man had been a handit. He had seen the Chunchuses, as every one had who traveled in the country, but he would not say he had been one of them. He said, however, that there was no real secret about Japanese being among them; it was obviously in the nature of things, and need not be denied.

The stories about the Chunchuses being in the pay of Japan, he said, were absurd; it was plain that there was ne way to convey any pay to them, nor any means to guarantee that the pay would be earned. Any man who might become a mem-Cossacks, stated that on savoral occasions the bandlis had defeated a superior number of Russians. The latter usually allowed themselves to be outwitted, and neglected the most ordinary precautions.

On this line of conversation my informant did not care to go any further. He said, however, that it reemed to him better that Port Arthur should remain in Russian hands for a good while, and he thought those behind the scenes both in Japan and Manchuria could see how Russia's strength must be strained much more by having to defend it than by concentrating at Harbin. The mere maintenance of such long lines of defense must be an exhausting effort, even without a fight than with one, for fighting stimulates.

I told my Japanese friend a little about the story of Hannibal and Fablus 'Cunctator.' how the Romans avoided a battle, and let the Carthaginians wear themselves out in a laind of plenty. To my surprise, he said he read it at school in Japanese. He added that the lessons of the Boer war were better learned in Japan than in England.

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and probably every girl loves handsome jewelry. All of them, or nearly all, are economical, too—con-sequently they should pa-tronize us. It means matety, satisfaction, econ-omy—and she will be sure she has just what she paid she has just what she paid

> J. J. Allen & Co., 14th & Main St.

A Handy Man

he'll not make a good job in the first place, nor will it wear. The saving in first cost is poor economy. It needs an experienced paint exactly right for any par-ticular job, and it requires skilled workmen to spread the paint so it will stay painted. It may cost a little more in the beginning to have me do the work,

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